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The Vegetarian Way of Living

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Two world wars have succeeded in ripping the veil from the face of modern civilization and exposing the stench and corruption beneath. At the time of the first world war the mess was not cleaned up. Our generation will determine whether the second world war will, indeed, be the war to end wars; whether we shall succeed in making the world safe for generations yet unborn. Exploitation was the ignition spark, and cruelty dictated the methods. The human beast was revealed in all its unspeakable repulsiveness.

If war is to cease as a method of aggression and national aggrandizement, we know past all shadow of doubt that love must be the foundation stone of civilization. Justice and righteousness must prevail. The needs of the poor and helpless must be as carefully considered as the demands of the rich. Kindness, consideration, mercy, and compassion are necessities in a humane society. World peace depends upon a humane society.

In a humane society, ruthlessness, exploitation and cruelty must go. Business is no excuse for crime. Was it not shameful for American business men to sell scrap iron to Japan knowing that the metal would be used to fight our sister nation, China? No decent American wants a low standard of living based on slave labor.

We see now that genuine progress means that civilization gradually becomes more and more humane. Genuine progress means that we become aware of moral obliquities and proceed to correct them. We shrink from being the cause of cruelty. We prefer beauty to ugliness, peace to war, and friendship to en-

mity. The man of the New Age must be a man of compassion, justice, and sensitivity; not a man who puts success above any humane consideration; who is ready to use any brutal method to satisfy his lusts, to gain power or wealth.

The true citizen of the New Age will let compassion control even the details of daily living. He will shrink from harming anything that lives because he will accept the law of the kinship of all that lives. Can a civilization be considered humane that permits the merciless exploitation of the animal world? A humane civilization recognizes the rights of the animal kingdom. It implies sensitivity to the unspeakable sufferings of our younger brothers in evolution, the animal kingdom.

The man of compassion has no desire to benefit from the exploitation of the animal world. He shrinks in horror from hunting and fishing for sport. Think of killing sentient creatures merely to amuse oneself! That is the amusement only of a savage. He refuses to support slaughterhouses because he realizes how demoralizing are the tasks to the men employed in them. Can boys be trained for a noble manhood by earning money through wringing the necks of chickens? Can a man become a high type of human being who slits the throats of four hundred pigs an hour?

The man of compassion refuses to trap animals for their furs. It is our duty to know the details of the meat-packing industry and the fur-trapping industry. Our eyes must be open to the crimes of civilization. If we want a better world to be born, we must help bring it into existence. To be good citizens we must be informed. Every reform from which we are benefiting has been the result of the labors of innumerable devoted men and women—pioneers who did not fear the hardships, the scorn and the abuse that

confronted them. Through vigorous arousal of the public conscience the blessed day will dawn when the butchers and the trappers will find that there is no call for their nefarious trades.

The flesh foods are unfit for human consumption. To eat flesh foods is to eat portions of the decaying corpses of animals, birds and fish and to turn our stomachs into cemeteries. To eat flesh foods is to consume a food saturated with waste products, with the toxins of decomposition, and with the poisons generated by fear. The accumulation of these poisons leads in the course of years to the various degenerative diseases, including cancer. The poisons of flesh foods may cause both alcoholism and sexual indulgence. It has been demonstrated that the Vegetarian diet is a help in overcoming the craving for alcoholic liquors and the craving for sexual indulgence.

The consistent Vegetarian rejects vivisection as a method of scientific research. He refuses to believe that truth can be found on the torture tables of the vivisectors. Science has very little to show for the millions of animals that have been tortured most cruelly in the laboratories of the world. Great physicians and surgeons have openly and emphatically stated that nothing beneficial to humanity has been discovered through vivisection; that the study of the sick patient is of more value than the experimenting with animals. We Vegetarians maintain that if research workers would put a fraction of the money, time, and effort expended on animal experimentation into other channels—into the various non-medical methods of healing—far superior results would be obtained.

A striking proof of the truth of this statement is found in the wonderful results achieved in infantile paralysis cases by Sister Kenny of Australia. Working alone in the Australian bush, thrown upon her own re-

sources, she developed an efficacious method based upon massage, manipulation of the paralyzed limb. Her results were so extraordinary; she had so large a percentage of cures that the Australian government subsidized her. Yet Sister Kenny did not experiment on a single animal. In all these years that she was working with patients, our research workers were torturing hundreds of monkeys with no results whatsoever.

How many people are familiar with the splendid results in healing obtained by chiropractors, osteopaths, physio-therapists, Christian Science practitioners, naturopaths, and mental and spiritual healers? Yet not one of these schools of healing is based upon results obtained only through vivisection.

The consistent Vegetarian realizes that a pure bloodstream is the very foundation of good health and natural immunity. He cannot understand how the filthy pus from a sick animal can give him strength or health or immunity. Therefore he rejects unconditionally the use of serums and vaccines. He seeks other methods—cleaner and nobler—for building health and strength and immunity. He wants no product of the vivisection tables. He wants no share in the exploitation of the animal world. To a sound mind in a healthy body he adds a good heart and a clear conscience.

The man who is trying to live the Vegetarian way is not concentrating on the animal world alone; is not excluding humanity. He is not diminishing his interests in life. He is enlarging his sphere of interests. He is expanding his consciousness and he is including the animal world in his love for all that lives.

Do you recall that charming poem by Samuel Taylor Coleridge called *The Ancient Mariner?* He killed in sport an albatross and was required by the angels of mercy to do penance. He traveled through the world.

When he came into the presence of a man who needed to learn the lesson that he had to teach, his body became wracked with pain. The anguish of his heart did not cease until he told his tale.

O Vegetarian brothers and sisters, let us rise to the noblest heights of our way of living! Let us exemplify and teach the lesson of love and of compassion to all that live! Let us be Ancient Mariners, desirous of arousing the compassionate nature of others! As Coleridge stated with such beautiful simplicity:

> He prayeth best who loveth best
> All things both great and small;
> For the dear God, who loveth us,
> He made and loveth all.

We stand for the ideals of a new and better world. We try to exemplify those ideals today in our daily lives. We go to the gardens and orchards for our foods. We clothe ourselves in the products of the plant world and the laboratory. We follow Nature's way in keeping our bodies strong and healthy and vital. We consider the body as the living temple of the God within and therefore shun the products of violence and cruelty. We seek truth through bloodless means, through developing the intuitions and the higher senses. We cooperate with Nature in regarding with appreciation and reverence her children of the lower kingdoms. Such is the Vegetarian way of living. Such is the Vegetarian philosophy of life. Such is consistent Vegetarianism.

The Vegetarian way of living is one of the oldest philosophies in the world. We can be justly proud of the noble souls who in every age and land adopted the Vegetarian way of living. To name but a few, we find Gautama, the Buddha, in ancient India; the philosophers Plato and Pythagorus and Apollonius of

Tyana in ancient Greece; Plutarch in ancient Rome; St. Francis of Assisi in medieval Italy; Leonardo da Vinci in the Renassance period. In England there is a long line of glorious poets who adopted the Vegetarian way of living: Oliver Goldsmith, Alexander Pope, William Blake, Shelley, and today George Bernard Shaw. In Russia there was Tolstoy; in Sweden, Emanuel Swedenborg; in France, Romain Rolland. Dr. Annie Besant, the first president of the All-India National Congress, was Vegetarian and a vigorous champion of the cause of anti-vivisection. One of the first women physicians in England, Dr. Anna Kingsford, was inspired to go to France to study medicine in order to defend the better the causes of Vegetarianism and anti-vivisection.

When we study the lives of these supremely gifted men and women, we see that the Vegetarian way of living is compatible with the most intense activity in every field of endeavor. In the face of this world-wide evidence through the ages it is absurd to maintain that flesh foods are necessary for health or that the most active people and nations have been eaters of flesh foods. The eating of flesh foods is a relic of the days of cannibalism. There is no difference in eating the leg of a lamb or the leg of a man. One is as repulsive as the other.

Nor are poets and philosophers alone in advocating the humane diet. An increasing number of physicians and dietitians are sponsoring the Vegetarian diet purely for health reasons. There was the late Dr. John Harvey Kellogg, who founded the Battle Creek Sanatarium, of Battle Creek, Michigan. There is the venerable Dr. Josiah Oldfield who for years was associated with the Lady Margaret Hospital of Doddington, Kent, England, a Fruitarian hospital. The Health Education and Research Council of England is an or-

ganization of more than 75 practicing physicians, surgeons, and scientists who favor the Vegetarian way of living and healing and who oppose the use of vivisection for scientific research.

Many people inquire whether the Bible teaches the Vegetarian way of living. In the first chapter, verse 29, occurs this statement: "And God said, 'Behold I have given you every herb yielding seed, which is upon the face of the earth, and every tree, in which is the fruit of a tree yielding seed—to you it shall be for food; and to every beast of the earth, and to every fowl of the air, and to everything that creepeth upon the earth, wherein there is a living soul, (I have given) every green herb for food.'" Notice that the members of the animal kingdom are considered living creatures needing sustenance and not things.

Isaiah (chap. 11, verses 6-9) depicts the millennium as a Vegetarian age when both man and beast will have learned to be utterly harmless:

"And the wolf shall dwell with the lamb, and the leopard shall lie down with the kid; and the calf and the young lion and fatling together; and a little child shall lead them.

"And the cow and the bear shall feed; their young ones shall lie down together; and the lion shall eat straw like the ox.

"And the suckling child shall play on the hole of the asp, and the weaned child shall put his hand on the basilisk's den.

"They shall not hurt nor destroy in all my holy mountain; for the earth shall be full of the knowledge of the Lord, as the waters cover the sea."

In the first chapter of Isaiah occur these strong words: "And I delight not in the blood of bullocks, or of lambs, or of he-goats"—verse 11.

"And when ye spread forth your hands, I

will hide mine eyes from you. Yea, when ye make many prayers, I will not hear; your hands are full of blood."—verse 15.

In *The Gospel of the Holy Twelve* a unique and ancient text of the Bible, Jesus protects a lion that men were pursuing with stones and javelins. "But Jesus rebuked them, saying: 'Why hunt ye these creatures of God, which are more noble than you? By the cruelties of many generations, they were made the enemies of man who should have been his friends.'

'If the power of God is shown in them, so also are shown his long suffering and compassion. Cease ye to persecute this creature, who desireth not to harm you; see ye not how he fleeth from you, and is terrified by your violence?'

"And the lion came and lay at the feet of Jesus and showed love to him; and the people were astonished and said, 'Lo this man loveth all creatures and hath power to command even these beasts from the desert, and they obey him.' "

In this text the disciples were forbidden to eat flesh food. "Eat that which is set before you; but of that which is gotten by taking life, touch not, for it is not lawful to you."

Jesus bids us to be considerate of all creatures, and not of man alone. "Be ye therefore considerate, be tender, be pitiful, be kind; not to your own kind alone, but to every creature which is within your care; for ye are to them as gods, to whom they look in their needs."

It is impossible to legislate humanity into the Millennium. The law imposed from without must become the law inscribed in the heart. When human beings learn to be gentle and kindly to one another and to reverence life in all its wonderful manifestations, then that glorious New Age will dawn.

Vegetarianism